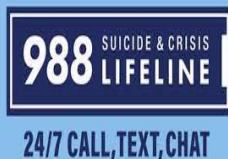


IMPORTANT
HELPLINES/
HOTLINES



If you are having thoughts of suicide, if you need mental health-related crisis support, if you are worried about someone else, PLEASE CALL OR TEXT **988** or visit the National Suicide Prevention Lifeline chat to connect with a trained crisis counselor

PARISH SUPPORT GROUPS

- ◆ **Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM—8PM**
- ◆ **Community Connections The Church of Incarnation, 240 Main St., Mantua—EVERY Saturday-In-Person & ZOOM—9:30 AM**
Contact: Bill Dougherty at 609-617-9959
- ◆ **For more information about these ministries or how to start an addiction healing support ministry in your parish, call JoAnne Farrell at 856-342-4057.**

Addictions Healing & Recovery Newsletter

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Forgiveness

“Addiction recovery can be a challenging process that requires a lot of hard work, determination, and patience. One important aspect of addiction recovery that is often overlooked is forgiveness. Forgiveness can play a significant role in addiction recovery and can help individuals overcome past traumas and move forward towards a healthier and happier life.

Addiction recovery involves addressing past traumas and negative experiences. Forgiveness can help individuals heal emotionally by promoting self-awareness, self-forgiveness, and self-compassion. Forgiveness can also help individuals let go of negative emotions and move toward a more positive and hopeful future.

Forgiveness is the act of letting go of anger, resentment, and bitterness towards someone or something that has caused harm or hurt. Forgiveness is not easy, but it is necessary for personal growth and healing. Forgiveness does not mean forgetting, excusing, or condoning someone’s actions.



It means acknowledging the pain and hurt caused by the actions of others and choosing to let go of the negative emotions associated with it. Addiction recovery is a journey that involves addressing past traumas, mistakes, and negative behaviors. Forgiveness can play a significant role in addressing these issues and moving forward towards a healthier and happier life.” - C. Young

Litany of Forgiveness

- ◆ Forgiveness is always an ongoing process
- ◆ Forgiveness is a lifestyle, not an act
- ◆ Forgiveness has the potential to form us into something new
- ◆ To forgive is to surrender and experience someone else anew
- ◆ Forgiveness is painful because I must fully accept the hurt to let it go
- ◆ Forgiveness is a response of God’s grace and a conscious choice
- ◆ Forgiveness creates new space for new life
- ◆ Loving without forgiveness is impossible



Judith's Journey

Commit everything you do to the Lord. Trust Him and He will help you. PSALM 37:5

Create in me a clean heart O God, and renew a right spirit within me. PSALM 51:10

For the New Year I pray for God to strengthen my spirit so that I may stay active in my love for Jesus through my actions and by living with intent. I know I have to be willing and disciplined in all my actions. It is my responsibility to take charge of my worship, my prayer life. I will only get out of it as much as I put into it. I just can't ask God for blessings all the time and act ungodly. It is in the way I treat others, the way I talk and the way I live my life. I have to put my best foot forward all of the time. I am actively trying every day to do better and it takes lots of practice. Nothing comes overnight and I am definitely not anywhere near perfect. Once I turned my life and my will over to God and practice daily gratitude my life got so much better.

Every single person in this world will deal with some kind of hardship or heartbreak, death or sickness. There will always be lots of things to complain about and feel sorry for myself about. Not even realizing that through my pain and self-pity I am causing a ripple effect to the people around me. Misery, depression, and feelings of no way out of our problems is growing in our world. I know because I myself was so desperately seeking a way out that I couldn't find. The only way was through years of drug and alcohol abuse.

When God answered my cries for help it wasn't a quick miracle and all was great. A lot of hard work and taking accountability for my actions and my problems had to happen. It was very hard and was quite a struggle. I had to commit and stay the course and actively learn how to live right. It is a work everyday to stay close to God's grace and love. I am still one mistake away from going back to my old ways if I don't stay active in my worship and gratitude. I need to walk the best I can everyday and it takes a lot of practice. I have to stay living in my truth and its is not easy all the time. It is a practice and a commitment to doing a little better every day.

I have so much to learn. I have faith that God is guiding me and will continue to guide me. When I do fall short I just try to take accountability quickly and keep moving forward. I know that God has a divine purpose for me. I know that He is not at all finished with me. This is just the beginning of my purpose.

May I praise You all the way through the storm. I do not pray for any easy life...I pray to be a strong person through Christ my king and my Savior. I pray for strength and bravery as I tell this story. May I keep my eyes on Jesus always! This story is God's story, not mine. I am just the one telling it! I wish everyone a blessed and peaceful New Year!

The same power that raided Christ from the dead is living in you. ROMANS 8:11

For He will put His angels in charge of you, to guard you in all your ways. PSALM 91:11

By: Judith Quinton Arthur

You are my beloved Son: with you I am well pleased.—Mk 1:11

All of God's children are beloved!

Reflection: At the very beginning of the Gospel of Mark, we read of Jesus' baptism and hear those wonderful words that God speaks. Have you ever realized that God said those words before Jesus healed, preached, or was crucified on the cross? Jesus knew He was loved for who He was and not for what He did. You, yes, you are loved for who you are as God's beloved son or daughter.

Prayer: *Lord God, may I always realize that I am a beloved child whom You love.*



"We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision." - Pope Francis